

Fig. 1

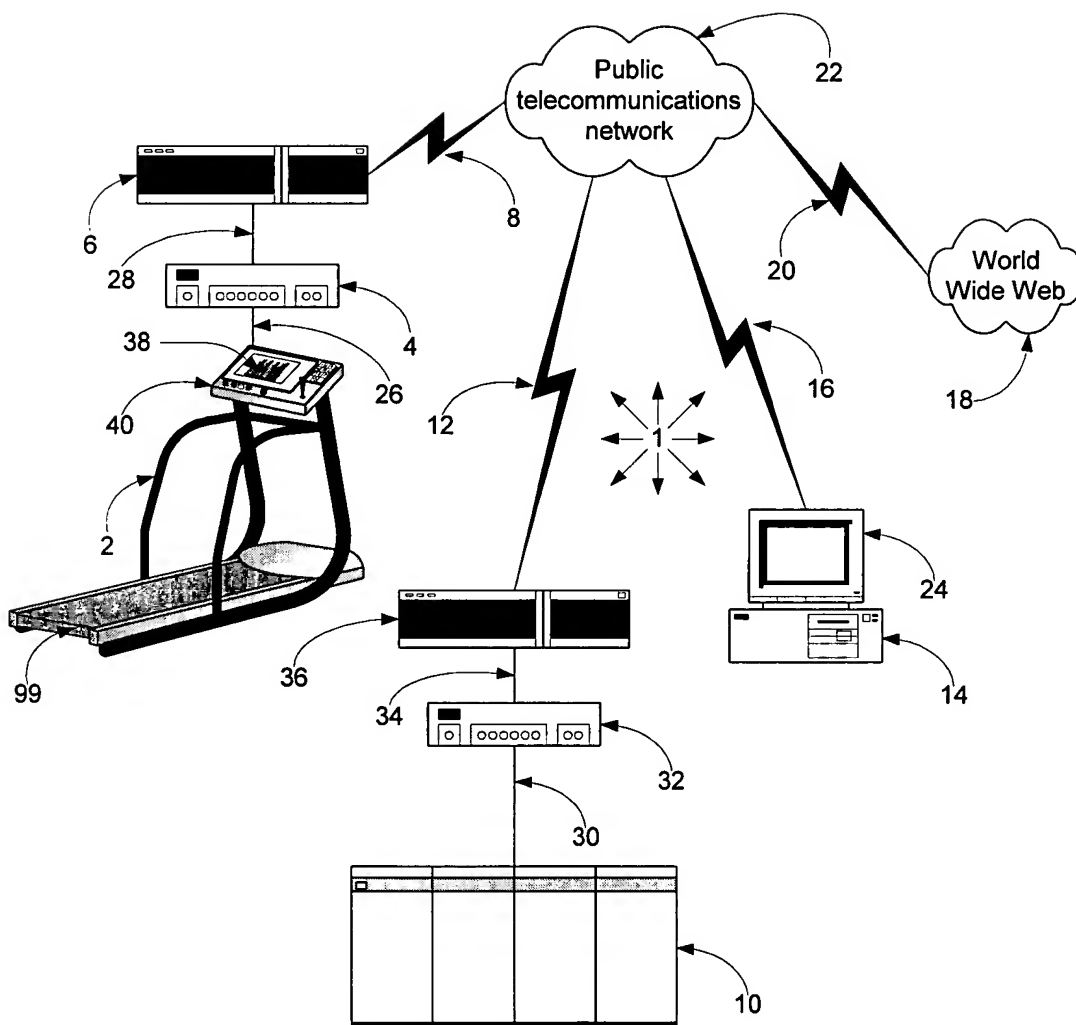


Fig. 2

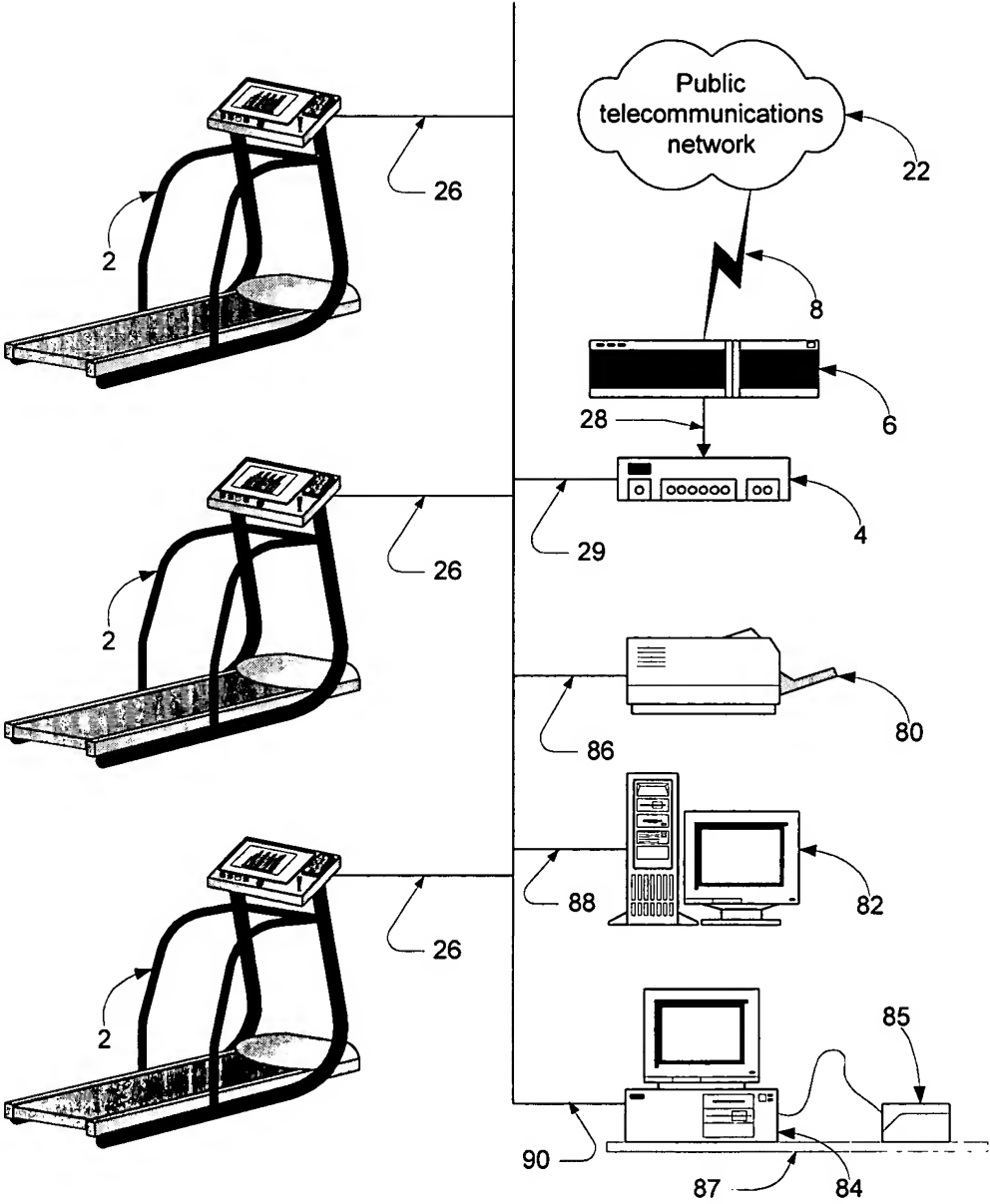


Fig. 2

Fig. 3

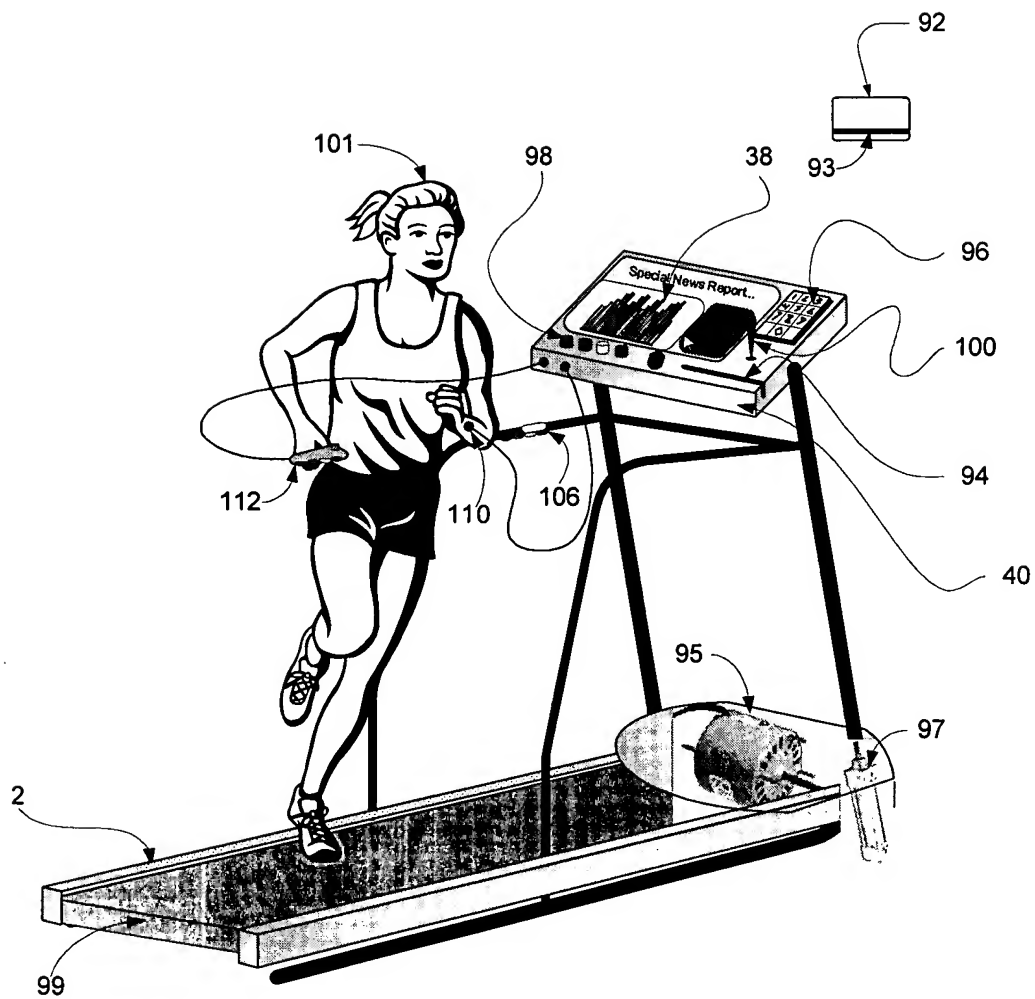


Fig. 4

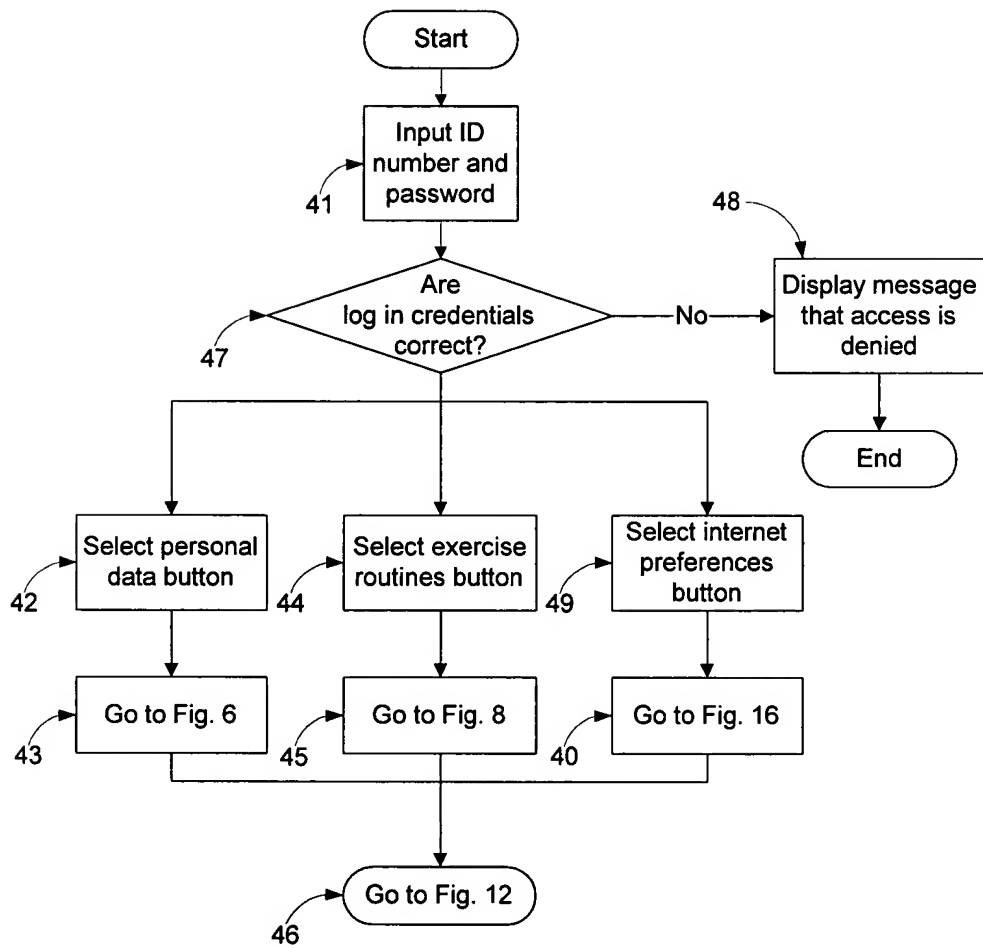


Fig. 5

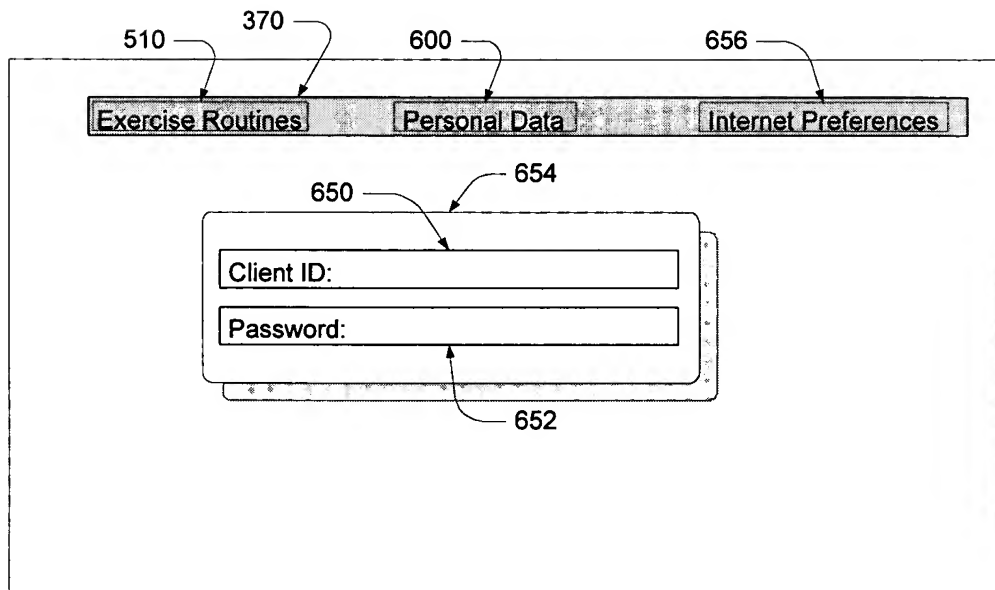


Fig. 6

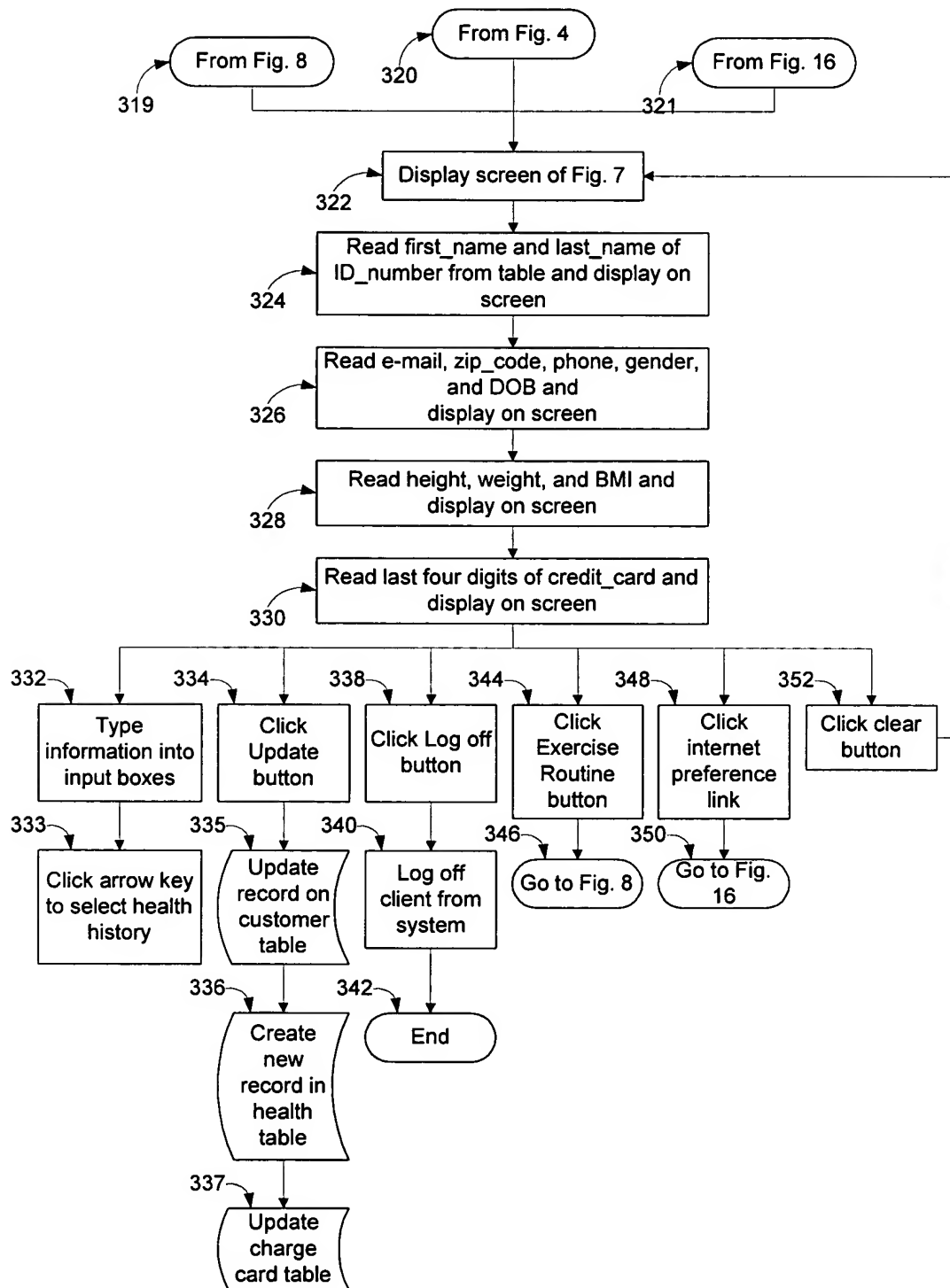


Fig. 7

510 370 600 656

Exercise Routines Personal Data Internet Preferences

Membership ID: 604 Clear 602 Log off 603 Update 632

First Name: John 605 Last Name: Smith 606

E-mail: 608

Zip: 610 Phone: 620

Sex: 624 DOB: 628

Weight: 612 Height: 622 BMI: 626

Health history: 614 Date: 618

Credit Card: 616 Exp.: 630

Fig. 8

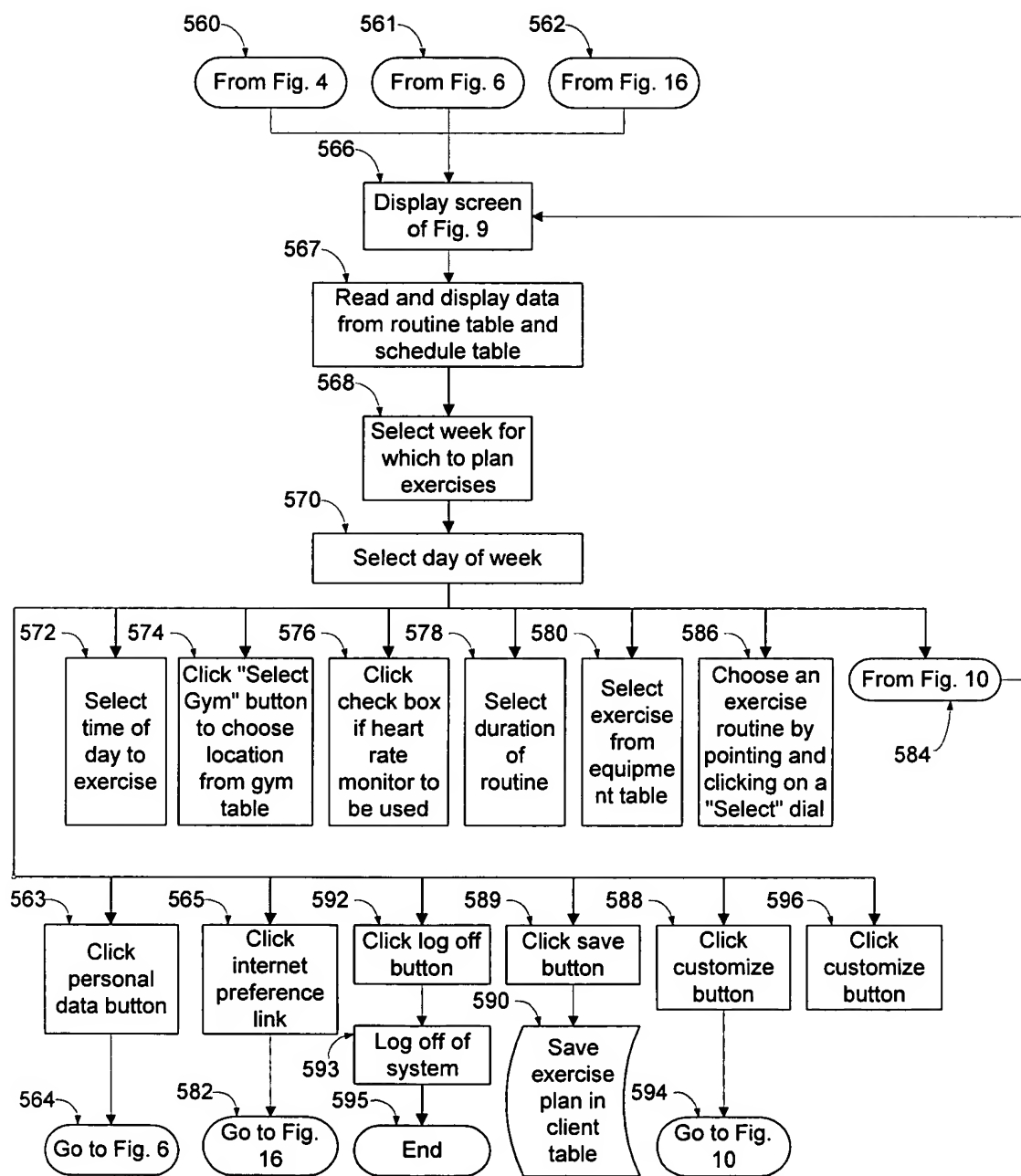


Fig. 9

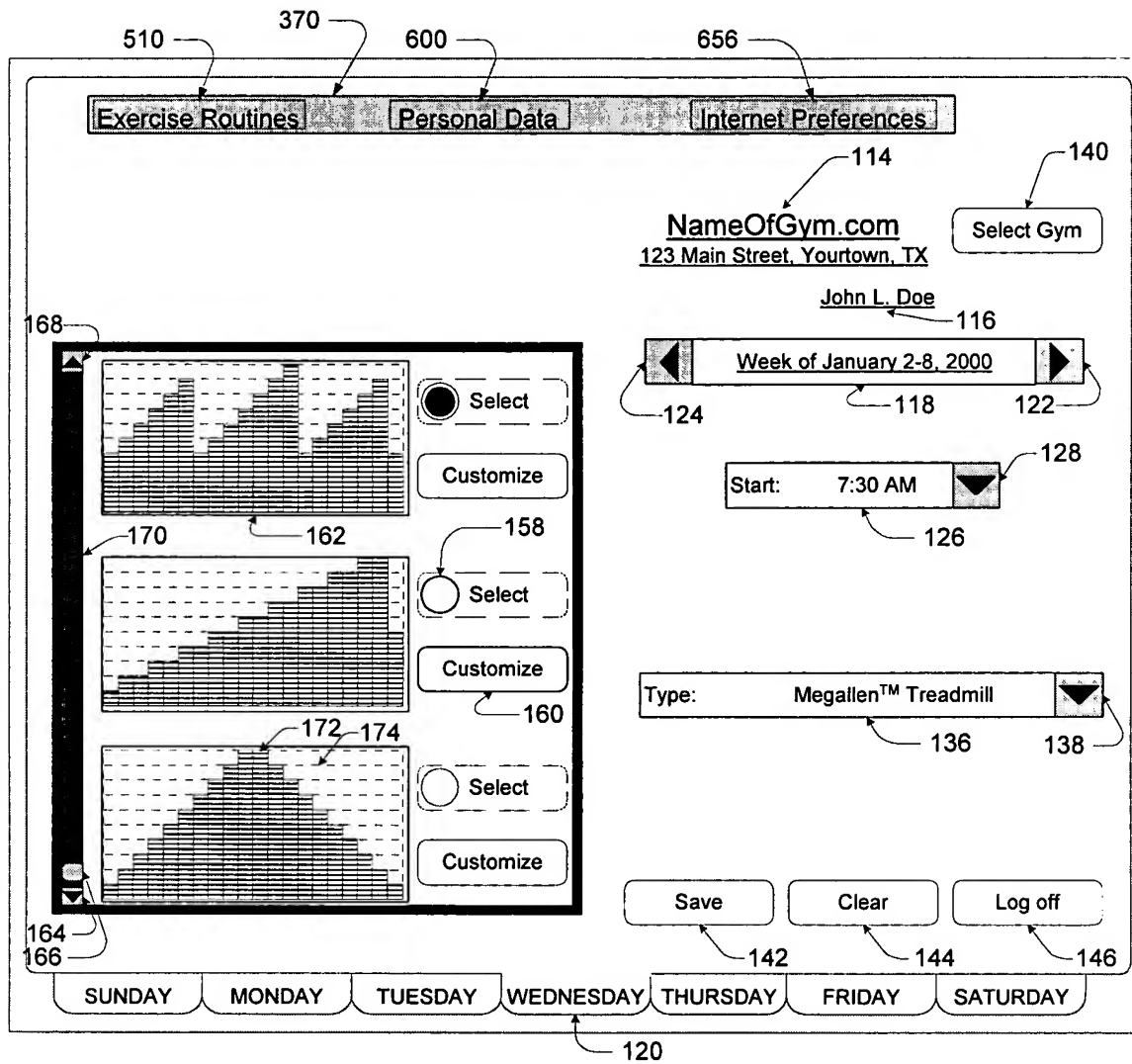


Fig. 10

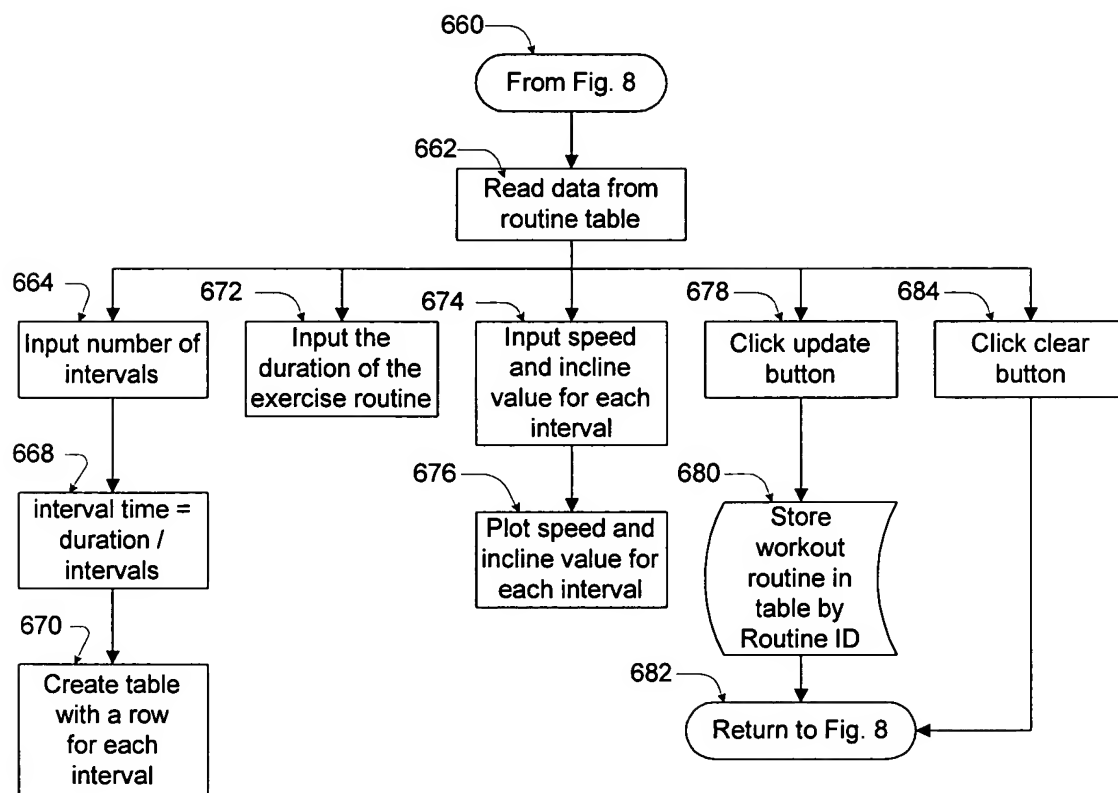


Fig. 11

The interface displays the following data and controls:

Interval	Speed	Incline
1	4	0
2	5	0
3	6	0
4	7	0
5	8	0
6	9	0
7	4	0
8	5	0

Additional fields and controls include:

- Routine ID:** 05061968
- Duration:** 20 min.
- Intervals:** 20
- Interval Time:** 1
- Buttons:** Clear, Update
- Chart:** A bar chart showing a series of data points across 20 intervals.

Fig. 12

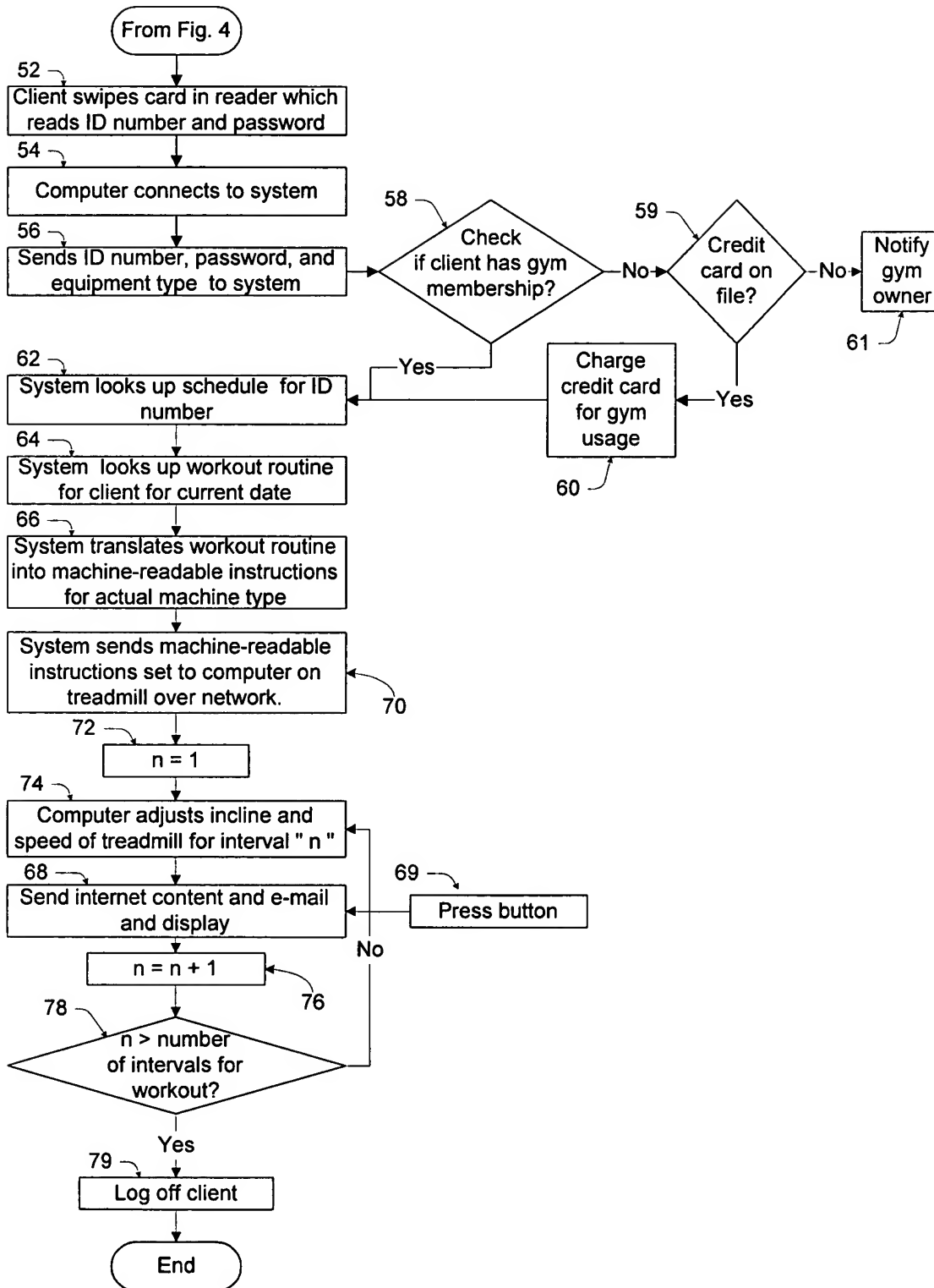


Fig. 13

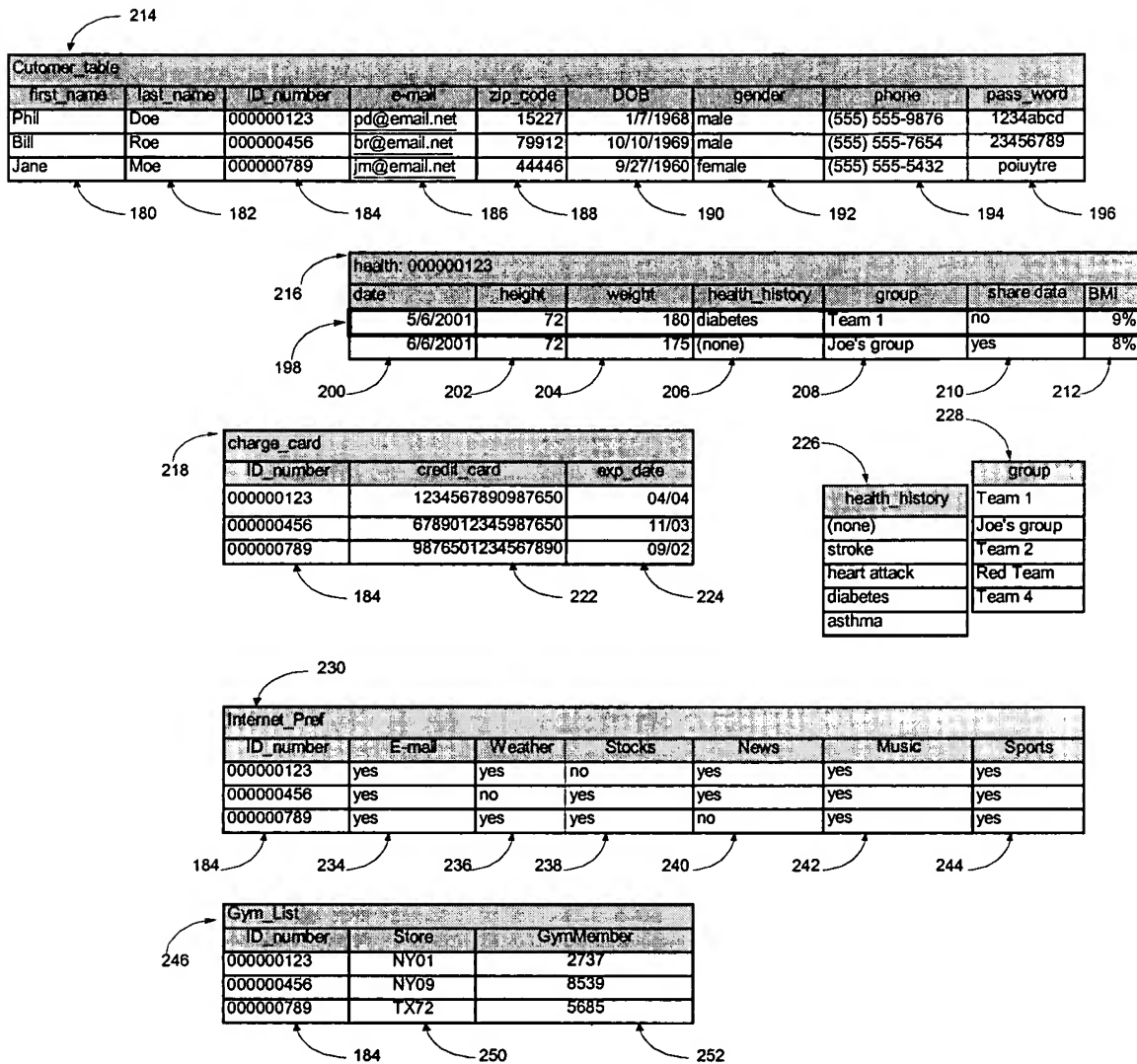


Fig. 14

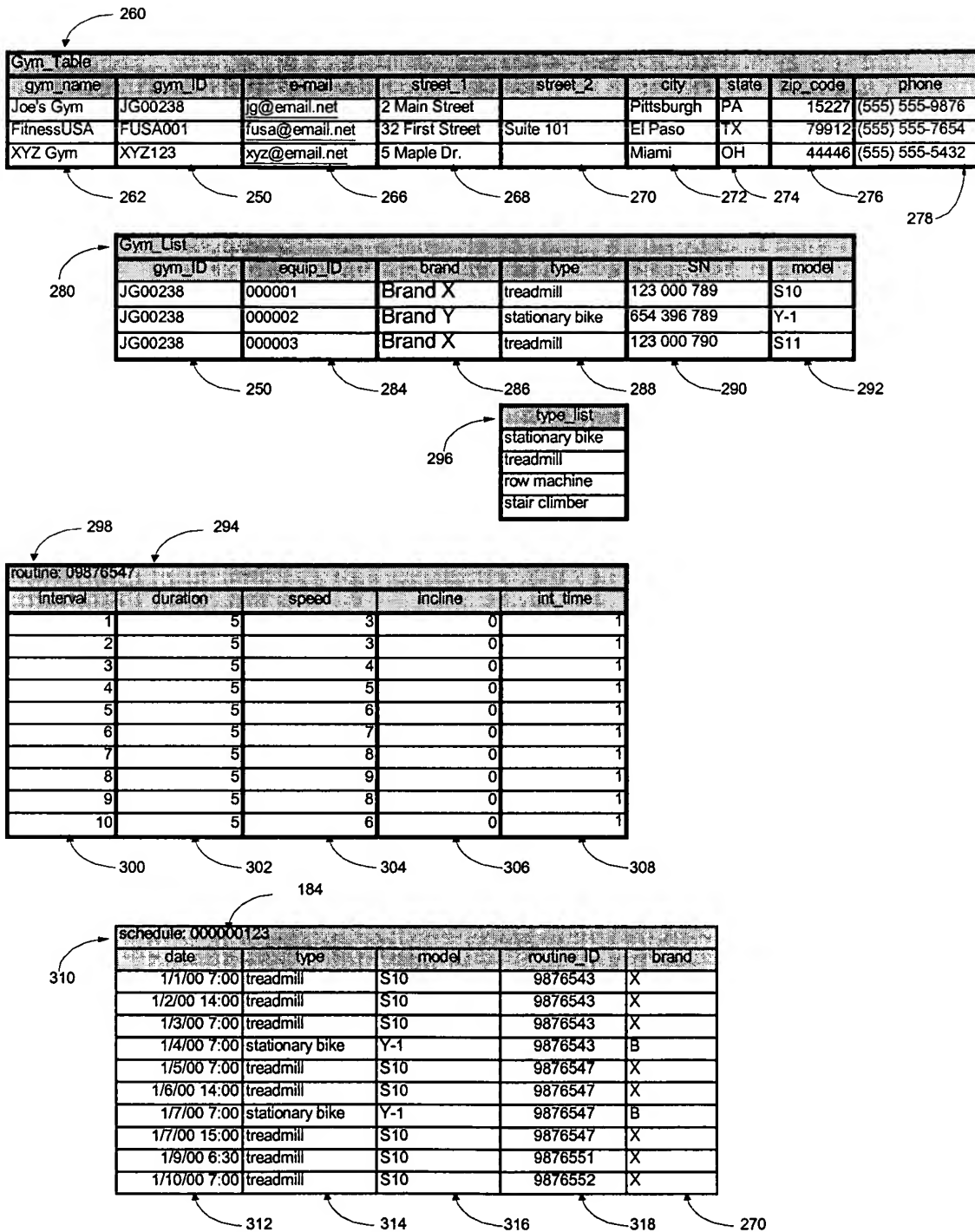


Fig. 15

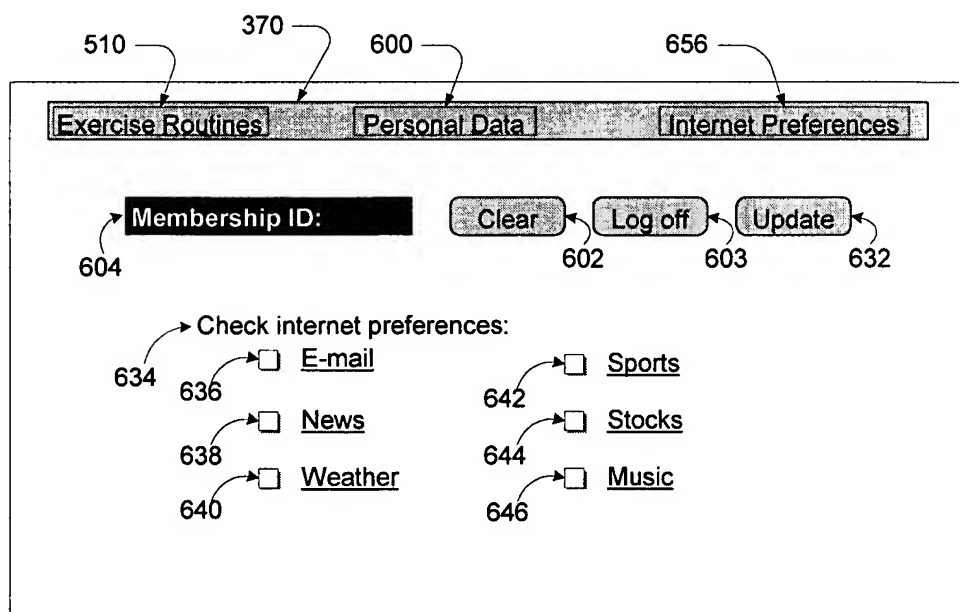


Fig. 16

